

THE BIORHYTHM PRINCIPLE

A CRUCIAL FACTOR IN WELL-BEING AND HUMAN RELATIONS

The crass commercialisation of Biorhythms during the 1970's effectively killed any open-minded public research into the subject.

On the private level however, one man has been quietly researching Biorhythms for several decades.

Polish born, Brian Krauze-Poray is about to release a book which has taken 20 years to compile. His findings will astonish even the most hardened skeptic.

This article, while not truly representative of the depth of Brian's research, will give you an overview of the history and the nature of Biorhythms.

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The biorhythm theory of yesterday is based on statistical evidence. Statistics, however, when substantiating human behaviour with its uncounted number of variables, renders results inconsistent with reality and thus is lacking conviction. It was only in relatively recent times when the electromagnetic field concept, as used in Physics, found its way into the discipline of Biology, and when the frontiers of an inseparable Body/Mind relationship clarified many questions of physiological and psychological nature, were probed, that the biorhythm concept started to make sense.

The comprehension of the nature and the functioning of the Biorhythm Principle is a necessity, where personal well-being and an harmonious human relationship, either in the family, at work, in sport and in everyday life, is essential. Once this is achieved and intelligently applied, common sense will guide further actions to the benefit of all concerned.

The Basics.

As misconceptions about biorhythms are common, the following is a short overview of a few facts which represent the basics of the Biorhythm Principle:

When observing one's actions and reactions with reference to people and events, it will be noticed that physical and psychological faculties such as endurance and resistance, concentration, perception, etc, are not inert in their INTENSITY. On some days we will be more alert than on others, more optimistic, with a higher resistance to pain, concentrate easier and also execute work with lesser effort. On other days we are absentminded, unable to concentrate, prone to infection and accidents, show less resistance to pain.

Although consciously we may not be aware of these changes, we nevertheless are familiar with our "ups" and "downs". These ups and downs are the manifestation of rhythmical oscillations of a life energy, the ancient and also the eastern cultures have been and, still are, aware of for centuries as propitious and unpropitious times, brought about by the stars or the gods.

However, it was the German Dr W. Fliess, who at the beginning of this century identified the ever changing ebb and flow within biological systems as an orderly manifestation of a life force. He detected natural rhythms of three different frequencies and named them Life Periodicities.

Fliessian biorhythms are claimed to affect physical, emotional and intellectual behaviour with strictly apportioned functions, by way of three invariable rhythms: the 23-day physical, the 28-day emotional and the 33-day intellectual cycles; to consist of

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high and low phases and to start at the moment of birth.

The first day of each phase of each rhythm was called the "critical" day, presently more appropriately named as TRANSITION PERIOD, during which the person's life energy was claimed to be in a state of uncertainty, causing a lessening of physical and mental performance and resistance.

ELECTROMAGNETISM

After long term research we were successful in proposing a first ever, working biorhythm model: The Biorhythm Principle.

It was in relatively recent years that science has become confident that the crucial factor in all deliberations concerning Life, is one of Nature's elementary forces: ELECTROMAGNETISM, and that respective physical laws such as electromagnetic force fields, as known in physics, also apply in the discipline of Biology.

The "rhythm" concept was clarified as being an intangible experience, which in order to be consciously perceived, needs a carrier. This carrier was found to be the individual's electromagnetic 'Life Field', expounded by Dr Burr (1936), whereby he states: "... the life field is primary, the matrix that shapes the living form ... the outcome of which is Wholeness, organisation and continuity".

However, Wholeness of the human system is a Body/Mind relationship that cannot be separated. It was only with this understanding and supported by Dr Chopra's recent work,

QUANTUM HEALING (1989), that the Biorhythm Principle starts to being considered by science.

The Cosmic Origin of Biorhythms

After a nine months lasting pioneer research project, conducted at the Biorhythm Research Centre in Rochedale, Qld, we were successful in showing evidence that THE PERIODS OF THE CYCLES OF 23, 28 AND 33 DAYS ARE OF COSMIC ORIGIN, GENERATED BY A PRECISELY ROTATING "ZEITGEBER" (TIME KEEPER), THE SUN, AND THUS ACCOUNT FOR THEIR INVARIABLE DURATION AND CONTINUITY IN THE LIFE SPAN OF THE BIOSYSTEM.

That the rhythms should start at the moment of birth is logical when considering their electromagnetic character. It is like switching on a new generator the moment the baby enters the Ocean of the electromagnetic Living Environment and is separated from its mothers biofield. It is a new born entity with its own Life Field, the carrier of its biorhythms.

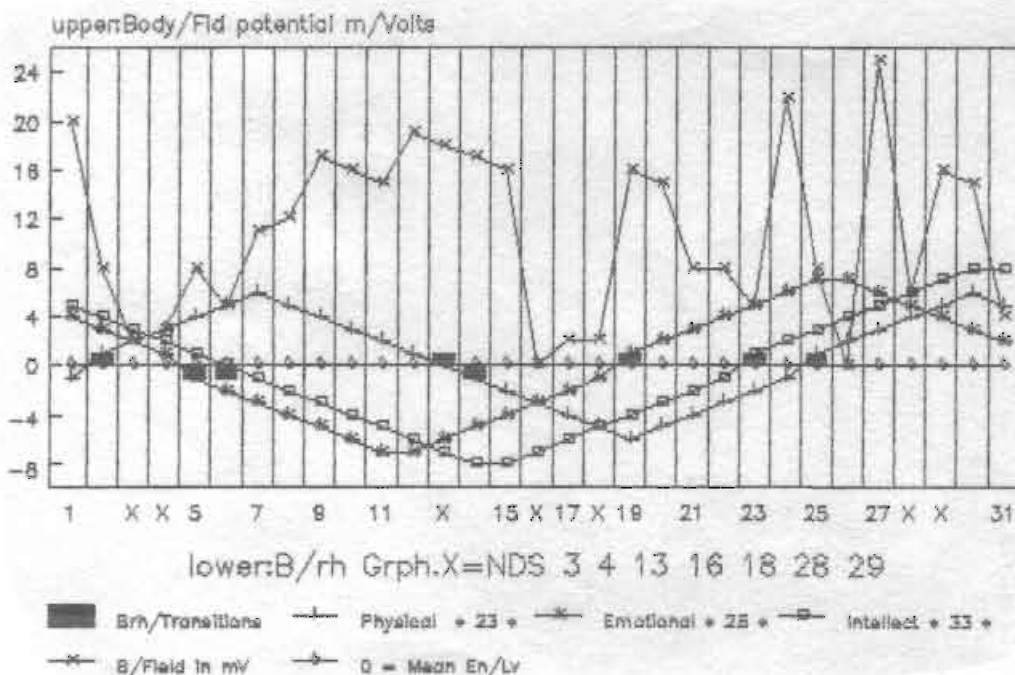
To verify the claims that the rise and fall of the curves shown on a biorhythmogram actually mirror the rise and fall of our energy potential it has been shown by way of exact measurements that, WHENEVER THERE WAS A TRANSITION SHOWN ON THE GRAPH, A DECREASE OF THE ELECTRICAL BODY POTENTIAL COULD BE REGISTERED. (fig 1)

Another, even more impressive incident was isolated when correlating the rise and fall in biorhythm amplitudes with the aura of the individual. As photographs by the Kirlian method revealed, during high biorhythm amplitudes a stronger corona was shown, in lower phases, the corona was weaker. The most exciting incident, however, has been observed when the aura showed globules at times of biorhythm transitions (fig 2). The cause of this interesting phenomenon is not known.

The Human Factor.

Indeed, evidence was found, that there exists a close correlation between biological rhythms and the elements of the human physical and mental constitution, which we may call the HUMAN ELEMENT, or THE HUMAN FAC-

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TOR and that these elements vary in their dynamism with the rhythmically changing amplitudes of the life rhythms, or biorhythms, of the individual.

The western world, during the last few years is becoming more biorhythm conscious. A new concept for many has evolved: "Biorhythmic Living". It has become a household word for progressive and concerned people.

The definition of this concept is simple: **BIORHYTHMIC LIVING IS A CONSTANT AWARENESS OF ONE'S AVAILABLE MENTAL AND PHYSICAL POTENTIAL AT ANY TIME.**

With the foreknowledge of days of lesser efficiency we can save ourselves and our families disappointments, and possibly tragedy.

Before we suggest how to apply the biorhythm principle in various life situations, let us analyse once more what effect we may expect from it. During transition periods, the Human Element is most likely to let us down. On these days we have to be conscious of a certain inadequacy and act accordingly. We do by now realise that the electromagnetic potential of our Life Field is at a low.

To understand what is happening visualise an electric light operated by a dim switch which enables you to make the light shine brighter or dimmer. When the light is dim, it will be more difficult to read, as when the light is bright.

When rhythms are in a high station (Hi), our physical and mental performance will be more perceived. Resistance against fatigue, sickness, will be higher, mental alertness will be more acute. Many doctors in Germany and Switzerland are religiously following the rules in the application of the biorhythm principle when treating patients. If ever it can be avoided, no surgical operation will be performed by a doctor, when the patient's biorhythm position is in an unsupportive constellation. When in low (Lo), the vitality of our physical and mental faculties is lessened, because the bio-energy is at a lower electrical gradient and thus body resistance will be weaker. Although when convalescing, we may feel weaker during a low, the recovery will

frequently be more pronounced, because the natural process of healing is more readily accepted by the body. Any form of medication will hasten the healing process through an easier absorption of the medicine.

A Tragic Consequence.

The seriousness of this observation not to perform surgical operations during Transition Periods is illustrated by the following: my long standing friends, Drs Simon and Jacqueline Ely, were applying the biorhythm principle in their Psychiatric Clinic in Paris. A few months after a car accident in which Simon was injured, he had to return to the hospital for a minor corrective operation. The date was set for the 16th March 1982. On this day he had a transition of his physical rhythm, with two lows in the emotional and intellectual cycles. (The surgeons biorhythmogram would have been of interest). The simple operation on the wrong day had a tragic ending. Simon died on the operating table. Evidently, when the date was set, he did not seem to have had the courage to stand up for his convictions, fearing loss of his reputation and ridicule by his ignorant peers.

When under the influence of medication and/or drugs, including alcohol, the natural effect of oscillating changes in the potency of the e.m. life energy is at these times reinforced in a negative sense many times over and the chance of an unforeseen mishap, often for no apparent reason, becomes markedly increased. (Termination on the operating table).

For everyday biorhythmic living the home and the family is the most important venue to consider.

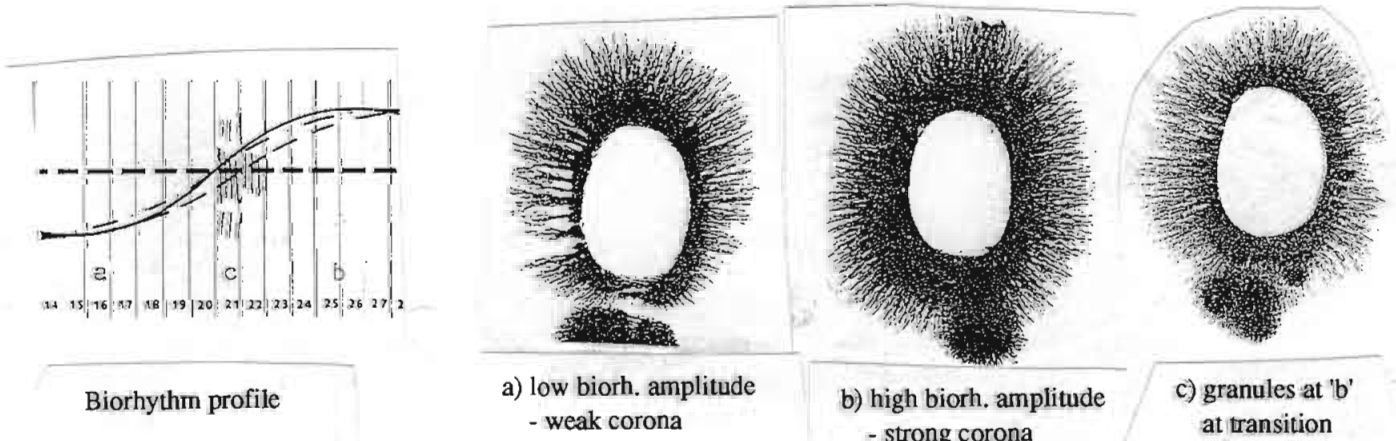
The Compatibility Factor.

The general view is that women are more difficult to understand than men. It does not have to be like that. After some observation it soon will become obvious that women's moods, emotions and sex drive change quite regularly in approximate monthly cycles. The main reason, we are told, is the rhythmical rise and fall of hormone levels in the woman's system.

This would imply that the partner, whether in the family or in a working team, is the innocent victim of the caprices of

Figure 2

Coronas of the human energy field (fingers)



Biorhythm profile

a) low biorh. amplitude
- weak corona

b) high biorh. amplitude
- strong corona

c) granules at 'b'
at transition

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woman's moods. This does not seem to be fair. Nobody has ever talked much about the changing moods of the partner, if he is a male. But the changes are there, not so conspicuous perhaps, but nevertheless assertive. Alert observations will disclose that the male's moods are of analogous rhythmical frequencies to the woman's. He also has his ups and downs. Since the nature of the biorhythm phenomenon has become known and explained, it would be irresponsible not to apply it in everyday life. Biorhythms can and must become the tool that will guide the individual to SELF AWARENESS and thus help to make SELF MANAGEMENT attainable. A conscious awareness of changing emotions, moods, vitality etc., will provide a chance of controlling them. This advantage will be of even more significance when we come to realise that biorhythms can give us away.

It is probably one of the most difficult and consequential decisions to make when it comes to choosing a partner either in business or for life in marriage. The criteria to weigh are many. One of the most important yardsticks, although seldom taken seriously, is the way the partner, man or woman, will react in different situations at different times. Spontaneous reactions to disparate predicaments, will without fail disclose the basic trend of the character, whether timid or violent, understanding and thoughtful or unreasonable, wise or unwise. Unguarded outbursts of this kind are apt to happen during biorhythm transition periods.

As rhythmical changes in the intensity of human emotions are an individual occurrence, like a built-in tune on a record, attention to the tunes of the prospective, or present, partner must be ascertained for the sake of a harmonious relationship: will the two melodies be in tune or will they create a dissonance. Or in plain words, will the partners be emotionally, physically and intellectually compatible, see eye to eye? If so, to what extent. This is meaningful, because the degree of compatibility between two people is permanent. The notion that the partner may "grow out of it", of some problematic shortcoming, should not be taken seriously. Character trends seldom change, if ever.

An individual biorhythm calendar or do-it-yourself Biorhythm Calendar Kit is a helpful tool to establish the bio-

rhythm compatibility factor between two or more people.

Stability in life and its positive progress is possible when there is an harmonious rhythmical interaction between all forces that life consists of. In case of continuous disharmony, disaster sooner or later is inevitable (40% of marriages fall apart, in 30% of Australian families violence is taking place, spontaneous child abuse, rape and murder are rampant).

However, if the compatibility factor between two or more people turns out to be unfavourable, there is no need for discouragement. A conscious awareness of rhythmical changes in the INTENSITY of one's emotions provides a chance of controlling and managing them.

Danger: STRESS

This rationale, however, cannot be taken too lightly. Although it is possible with understanding and restraint to override the disturbing aspects of unfavourable biorhythm compatibility states, such a situation would call for strength and a continuous effort and would necessarily create stress. To live under stress most of the time has never been a good thing. Many marriages have failed and teams have broken up despite of best intentions and goodwill; their biorhythm incompatibility was in their way; it was too diagonally apart.

The final determination then is to pay attention to the biorhythm compatibility factor before the final choice is made. A moderate average of 35 to 75% rhythm similarity is a happy medium.

The Solution

The Biorhythm Principle then, deserves lasting attention, because of its high survival value and its beneficial effect in everyday life. The Manual of the do-it-yourself Biorhythm Safety Calendar Kit contains directions how to discover one's own biorhythms how to find the Compatibility Factor for two or more people, and guidance how to make your own Calendar.

Works consulted:

- H S Burr 1973, BLUEPRINT FOR IMMORTALITY, Spearman, London, UK>
- D Chopra 1989, QANTUM HEALING, Bantam, New York
- B J Krauze-Poray 1990, HOMO ELECTRONICUS.